

# Internistische Gemeinschaftspraxis Rödermark

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Qualitätsnetz  
Gastroenterologie  
Hessen



Offenbacher DarmCentrum

## Patient information in preparation for colonoscopy

Dear patient,

3 days before the examination please do avoid the otherwise recommended high fiber diet (whole grain products, cereal, legumes, tomatoes and core fruit e.g. grapes, strawberries, kiwi).

Instead take easy digestible food as e.g. white bread, noodles, soups, eggs.

For colonoscopy the intestine must be completely emptied. The better you prepare the intestine, the more accurate the result.

### **The day before examination:**

Please take the last fixed meal to you in the morning. For lunch only liquid food, like soup.

Afterwards please do not eat anything.

Prepare the laxative solution as described in the leaflet.

Drink at 5 pm 0,5 liter of prepared laxative solution and drink 2-3 liters of clear liquid e.g. water, tea or clear juices. Then stay near a toilet.

It is allowed to drink as much clear liquid as you like during the whole time.

### **On the examination day:**

4 hours before examination drink again 0,5 litre of prepared laxative solution and drink 1-2 liters of clear liquid e.g. water, tea or clear juices.

It is allowed to drink until 2 h before examination date.

Emptying the intestine is completed until only clear yellow liquid emerges from the intestine.

If this is not the case, you should come to the examination earlier and then inform us at the reception.